

## ABSTRACT OF THE DISCLOSURE

A  $\beta$ -glucan-containing fat and oil composition contains  $\beta$ -glucan of microorganism origin or basidiomycete origin. The  $\beta$ -glucan - containing fat and oil composition has  $\beta$ -glucan uniformly dispersed in a food without worsening the texture, taste etc. of the food. The novel microorganism can efficiently produce  $\beta$ -glucan which has a high activity and favorable qualities as  $\beta$ -glucan of microorganism origin as described above from less expensive saccharides such as sucrose at a high production speed.